

Our Cultures Are Our Source of Health (:60)

[Wes Studi] At the turn of the last century, Native people lived off the land. As times changed, our way of life of growing, gathering, and hunting traditional foods changed.

Many of us became less physically active. Our communities had to rely on less healthy processed foods. A serious disease, type 2 diabetes, emerged.

Today, Native people are on the move to bring back traditional healthy foods and physical activity to help prevent type 2 diabetes.

Be active. Eat healthy. Make wise choices. I know we have the power. Our people and cultures hold the answers. We will return to our life in balance.